

AGING & independence

September 2014

Tai Chi: Moving for Better Balance

BY ELLEN SCHMEDING
DIRECTOR, AGING & INDEPENDENCE SERVICES

Jan Rich, 80, says that Tai Chi has been “good for everything that ails me.” She had knee replacement surgery nearly two years ago and even physical therapy didn’t return her functioning to what she had expected.

In April, she joined the “Tai Chi: Moving for Better Balance” program near where she lives in Tierrasanta and she now has hope. “I think my knee is getting stronger.

This has helped with balance, flexibility and general mobility,” she says. “Plus it’s a way of meeting more people. We haven’t lived here that long.”

Fall Prevention Awareness Week is Sept. 20 to 27, and AIS has scheduled three special events designed to help older adults avoid the risk of falling (see schedule on Page 2). In addition, the AIS Health Promotion Committee encourages residents to participate in classes, such as Tai Chi, that can help them year-round.

This particular Tai Chi program was created specifically for older adults, and has been the focus of research that shows the techniques to be effective for improving balance, according to Kari Carmody, a health promo-



TAI CHI INSTRUCTOR ROBERT NATIONS WITH HIS STUDENTS.

tion specialist with AIS. “The form of Tai Chi was modified for fall prevention, from 24 movements to just eight.”

Instructor Robert Nations says the simplified Tai Chi works well for his participants: “The advantage is that it’s bilateral, so it benefits both sides of the body. They also removed the movements that require standing on one leg, and this shorter form is easier to retain.”

Tai Chi was originally developed for self-defense but has evolved into a graceful form of exercise for stress reduction, often described as “meditation in motion.” The movements are usually circular, with muscles relaxed and joints not fully extended or bent.

“For someone like myself who is approaching older adulthood, exercise has to be enjoyable, like dancing,” says Nations. He adds that even though Tai Chi focuses on stretching and relaxation, it strengthens your body in the process: “The strengthening part comes from learning how to align your body to better use the parts that are the

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COUNTY OF

SAN DIEGO

HEALTH AND HUMAN SERVICES AGENCY

(CONTINUED FROM PAGE ONE)

strongest: legs, hips, back and buttocks. When you learn to use those more, the other muscles can relax more.”

Marion Nelson, 76, didn't know that Tai Chi was going to help her balance. She just wanted an exercise program where “I didn't have to jump around.” Now she feels steadier when she walks, and “the other thing is standing. If I have to stand for any length of time, I've learned how to do it effortlessly.” She used to have difficulty standing up after sitting in a restaurant or a movie theater, but she has learned to how to stretch the muscles of her feet and legs before she gets up. “I'm just not so stiff now,” she says.

The Tai Chi class at Tierrasanta Village is held from 10 to 11 a.m. on Wednesdays and Fridays at the Village headquarters, 5275 Rimpark Lane. AIS is looking to start three additional Tai Chi classes in other parts of the County within the next two months. Details will be provided in upcoming *Aging & Independence* bulletins, or you can leave your contact information at **(858) 495-5500, ext. 3**.

Also, AIS will soon be adding eight more Feeling Fit Clubs, specialized exercise programs. There are now 27 classes throughout the county in 22 locations. For the list of Feeling Fit classes, visit www.ais-sd.org, go to “Feeling Fit Clubs” and look for the link to the list of classes. ♣

FALL PREVENTION EVENTS THIS MONTH

Every September, the San Diego County Fall Prevention Task Force coordinates events to remind older adults and others about steps to reduce their risk of a fall. The consequences of falls are a growing concern as rates of death, hospitalization and emergency room visits due to falls have increased substantially since 2007. In just one year, more than 15,000 San Diego County seniors needed emergency room treatment as a result of a fall.

Here are the upcoming fall-prevention events, titled “Strong Today; No Falls Tomorrow,” that will include speakers, resources and fall-risk screenings:

Sept. 20 (Saturday) (In Spanish) 9:30 a.m. to 12:30 p.m. at the Chula Vista St. Paul's PACE, 630 L St., Chula Vista 91911.

Sept. 24 (Wednesday) 12:30 to 3:30 p.m. at the Gloria McClellan Senior Center, Brengle Terrace park, 1400 Vale Terrace Dr., Vista 92084.

Sept. 25 (Thursday) 8:30 a.m. to 12:30 p.m. at the First United Methodist Church, 2111 Camino Del Rio South, San Diego 92108.

To register for any of these events, call **(800) 827-1008**.

Also, to schedule a fall prevention speaker for a group, email Kari Carmody: kari.carmody@sdcounty.ca.gov. ♣

SAVE THE DATE FOR GET CONNECTED FAIR

The next Get Connected Fair, with various Tech Talks and Ask the Expert opportunities, has been scheduled for 10 a.m. to 3 p.m. on Saturday, Nov. 1, at OASIS, on the third floor of the Macy's department store in Mission Valley.

This year's event will also include the San Diego premiere of the film “Cyber Seniors” (two showings, plus popcorn), a light-hearted look at what can happen when teens teach older adults about technology.

Among the 20 Tech Talks: Skype, Facebook and Other Social Media, Online Precautions, Everything Google (including a Google Glass presentation), Online Dating, Best Apps, plus help in deciding what gadgets to buy.

The event also includes opportunities to Ask the Experts, plus meet with tech-related vendors.

Sponsors: AARP, Cox Communications, SDG&E and AT&T. The event is being coordinated by the Technology & Aging Coalition of San Diego County. Coalition members include AIS/HHSA, OASIS, San Diego Futures Foundation, San Diego Continuing Education and the sponsors listed above.

RSVP is required and now available through the AARP Reservation Line: **(877) 926-8300**, or online: <http://aarp.cvent.com/GetConnected2014>. ♣

CALLS OF SUPPORT FOR MILITARY FAMILIES

Legacy Corps volunteers are available to make check-in phone calls to and for veterans and military families. Calls can be scheduled daily, weekly or whatever time is convenient. Volunteers will follow up with family or emergency responders, if needed. Calls may be brief or include friendly conversation. This is ideal for veterans whose family and caregivers live apart or are on vacation, or for active military on deployment who want to have someone check in on family. For details or questions, call Brian Rollins at **(858) 505-6300**. ♣

DISASTER PLANNING GUIDE FOR CAREGIVERS

The County Office of Emergency Services has created a free, easy-to-use “Disaster Preparedness Plan” for people who may need extra assistance and their caregivers. The plan encourages families to create a network of contacts, and gives pages to fill out with such details as where to shut off the gas valve and where the person's medical equipment is located. The guide can be downloaded at www.ReadySanDiego.org or ask for a copy from OES at **(858) 565-3490**. ♣

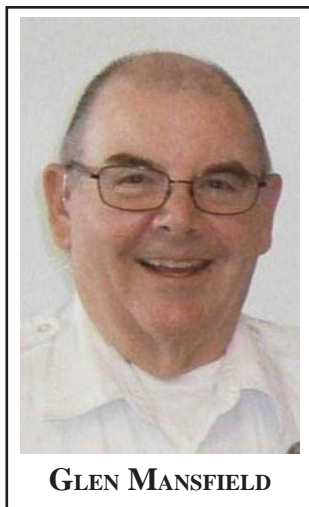
HONORING



RSVP: LEAD WITH EXPERIENCE

VOLUNTEER OF THE MONTH

Glen Mansfield was nominated for recognition by Randi Baldwin, volunteer coordinator with El Cajon Police Department. Glen joined the Senior Volunteer Patrol in November 2011 and has donated more than 3,300 hours to the program, averaging more than 100 hours per month. Glen works closely with the volunteer coordinator, consistently offering ideas to improve the program.



GLEN MANSFIELD

Recently Glen was recommended by his peers to train his first RSVP recruit. Glen's knowledge of the policies and procedures and his conscientious completion of tasks make him a great RSVP Field Training Officer. As a result of staffing shortages, Glen offered to work an additional shift to train the new SVP on top of his already scheduled weekly six-hour shift with his regular partner.

"Glen's dedication to the program is evident in his willingness to step up and help the team," says Randi Baldwin. In addition to his scheduled patrol duties, Glen can always be counted on to volunteer for special events and details. He proactively and routinely responds to call-outs to conduct traffic control at all hours of the night.

Congratulations, Glen. Your commitment to the El Cajon Police Department, the RSVP program, and the community are greatly valued.

SPOTLIGHT: ELDERHELP OF SAN DIEGO

ElderHelp's mission is to provide personalized services and information that help seniors remain independent and live with dignity in their own homes. Through ElderHelp, a volunteer-based organization providing service to seniors since 1973, seniors are able to receive assistance with their grocery shopping, transportation, sorting mail

and bills, yard maintenance/gardening, minor home repairs, help with their pets, and even a friendly visit. Members also have access to care coordinators who provide support, advocacy, help with transitions from the hospital and additional resources as needed. ElderHelp needs volunteers to provide all of these valuable services. There are a variety of opportunities:

In-Home Volunteers: Volunteers are matched up one on one with a senior to help.

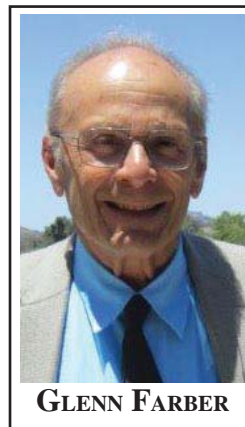
Volunteer Drivers: Give rides to medical appointments, senior centers, classes and more. Mileage reimbursement is available.

Home & Garden Volunteers: Help with gardening, yard maintenance, home safety inspections, minor home repairs and more.

Other volunteer opportunities may include administrative/program support, special events and more. For more information, contact RSVP: **(858) 505-6399**.

GLENN FARBER DAY IN SAN DIEGO

July 15, 2014, was proclaimed Glenn Farber Day in San Diego by the City Council. Councilman Scott Sherman presented Glenn with the proclamation honoring his outstanding volunteer service throughout San Diego. Glenn volunteers many hours with the Eastern Division of the San Diego Police Department, doing volunteer patrols. He gives additional volunteer service with Jewish Family Service (JFS) driving in the On the Go Program, providing transportation to clients who cannot get to doctor appointments or shopping for food. Fix-It Handyman is another title Glenn wears for JFS, making repairs, installing grab bars and also alerting the team to greater needs a senior may have. And in his 'spare' time, Glenn installs smoke alarms for the Burn Institute. Glenn is a volunteer extraordinaire who generously shares his time and talents across San Diego.



GLENN FARBER



(FROM LEFT) NICK BEAMER, PRESIDENT, n4a; HEATHER SELLER FROM CRITICAL SIGNAL TECHNOLOGIES (SPONSOR); THAI SUKRACHAN, AIS ADMINISTRATIVE ANALYST III; AIS DIRECTOR ELLEN SCHMEDING; AND AIS COMMUNICATIONS MANAGER DENISE NELESEN.

AIS RECEIVES FOUR NATIONAL AWARDS

The National Association of Area Agencies on Aging (n4a) recently awarded AIS two Aging Innovation Awards out of the 13 presented nationwide during the n4a Annual Conference in Dallas. These awards are the highest honor presented to n4a member agencies.

The Aging Innovations Awards were presented for the following AIS programs: the Grandparents Raising Grandchildren Initiative, which was spearheaded by County Supervisor Greg Cox to provide more education and resources for kinship families; and the Legacy Corps program, which provides respite for veterans and military families.

AIS also received two Achievement Awards from n4a for two additional programs: the Care Transitions Partnership and the Beacon Care Transitions Pilot. Both of these programs work to better streamline the local health and social service systems.

“Our member agencies work tirelessly, and with little fanfare in their communities,” said n4a’s Chief Executive Officer Sandy Markwood. “This awards program enables us to shine a well-deserved spotlight on their groundbreaking work.” ▲

OPEN POSITIONS ON ADVISORY COUNCIL

The AIS Advisory Council seeks to fill open volunteer positions, and is particularly seeking representation from the Asian/Pacific Islander and Hispanic communities. The Advisory Council assists AIS staff members from the perspective of community members on policy

and program needs related to its role as the area agency on aging for San Diego County. There are 30 members of the Advisory Council who meet the second Monday of each month at noon. The Advisory Council participants are mostly age 60 or older. Having strong ties within your community would be a valuable attribute.

Applications are available at the monthly meetings, which are held at the AIS headquarters, 5560 Overland Ave., Third Floor, San Diego 92123. For more information, contact Rosemarie Bahmani at (858) 213-6554.

SIGN UP FOR ‘HEALTHIER LIVING’ CLASSES

The County coordinates interactive and goal-oriented workshops called “Healthier Living” for people with chronic health conditions. Caregivers are also welcome to attend. Workshops are held once a week for six weeks:

Sept. 6 through Oct. 11 (Saturdays) from 10:30 a.m. to 1 p.m. at the Vista Library, 700 Eucalyptus Ave., Vista 92084.

Sept. 8 through Oct. 13 (Mondays) from 9:30 a.m. to noon at the Norman Park Center, 270 F St., Chula Vista 91910.

Sept. 9 through Oct. 14 (Tuesdays) from 9:30 a.m. to noon at the College Avenue Center, 4855 College Ave., San Diego 92115.

Sept. 9 through Oct. 14 (Tuesdays) from 1 to 3:30 p.m. at the El Cajon Library, 201 E. Douglas Ave., El Cajon 92020.

Sept. 15 through Oct. 20 (Mondays) from 10:30 a.m. to 1 p.m. at the Carlsbad City Library, 1775 Dove Lane, Carlsbad 92011.

“Healthier Living with Diabetes” Sept. 27 through Nov. 1 (Saturdays) from 9 to 11:30 a.m. at the Herrick Library, 9001 Wakarusa St., La Mesa 91942.

To register, contact Kyra Reinhold at kyra.reinhold@sdcounty.ca.gov, or call (858) 495-5710. ▲

ONLINE SEMINARS FOR CAREGIVERS

A series of live streaming seminars about caring for loved ones are offered free by the San Diego Caregiver Coalition at noon on selected Fridays. These webinars benefit adult children of aging parents, caregiving spouses and professionals in the field of health and aging. Each interactive seminar lasts half an hour. All you need to participate is Internet access and email:

Sept. 5: “10 Warning Signs of Alzheimer’s Disease” with Holly Pobst of the Alzheimer’s Association of San Diego. What are the risk factors? Learn the basics.

To register, visit www.caregivercoalitionsd.org, or for questions, email martin.dare@sdcounty.ca.gov. ▲

community

C A L E N D A R

SEND IN YOUR ITEMS

This monthly calendar welcomes your contributions. Just send items by the 10th of each month preceding the issue date to: Denise G. Nelesen, editor, Aging & Independence Services, PO Box 23217, San Diego, CA 92193-3217. Or you can e-mail to: denise.nelesen@sdcounty.ca.gov.

SEPT. 9, TUESDAY

2:30 TO 3:30 P.M.

Chair yoga each Tuesday at the San Carlos Branch Library, 7265 Jackson Dr., San Diego 92119. For more information, call (619) 527-3430.

SEPT. 10, WEDNESDAY

10 A.M. TO 1 P.M.

The Solana Beach Community Senior Center will have its Annual Open House with resources, health screenings, drawings, entertainment, a car show and lunch. Address: 120 Stevens Ave., Solana Beach 92075. For details, call (858) 509-2587.

SEPT. 10, WEDNESDAY

NOON TO 1 P.M.

"Medicare and You," a presentation by the Health Insurance Counseling and Advocacy Program (HICAP), will be held at the Point Loma Community Presbyterian Church, 2128 Chatsworth Blvd., San Diego. Learn the basics of Medicare. RSVP: (800) 827-4277.

SEPT. 12, FRIDAY

11:30 A.M. TO 1 P.M.

Annual Ice Cream Social and lunch, sponsored by Carlsbad Senior Center, will be held at the Pine Avenue

Park. Lunches are a \$3.50 donation. For details, call (760) 602-4654.

SEPT. 12, FRIDAY

6 P.M.

Join comedian Tim Conway at the 17th Annual Comedy Night Gala to benefit the Challenge Center. The gala will be held at the San Diego Downtown Library Shiley Special Events Suite. Cost is \$200. For more information, call (760) 484-3744.

SEPT. 16, TUESDAY

12:45 P.M.

Advance Care Planning with Dr. Eric Emont will be presented at the College Avenue Center, 4855 College Ave., San Diego 92115. For more information, call (858) 637-3217.

SEPT. 19, FRIDAY

2 TO 4 P.M.

Health and Wellness Center Open House at the San Diego Central Library, 330 Park Blvd., San Diego 92101. For details: (619) 236-5867.

SEPT. 30 & OCT. 7

1:30 TO 3 P.M.

"Making Friends with Your iPhone (a two-part series)" will be held at the Lawrence Family Jewish Community Center, 4126 Executive Dr. in the UTC area. Bring a charged phone and your Apple ID and password. Cost: \$10. For details, call (858) 362-1141.

OCT. 3, FRIDAY

10 A.M. TO 3 P.M.

Operation Family Caregiver, a free conference for veterans and military families, will be held at the Pacific

Views Event Center, 202850 San Jacinto Rd., Camp Pendleton 92055. Learn from experts in post-traumatic stress. RSVP to Southern Caregiver Resource Center, (800) 827-1008 or www.caregivercenter.org.

OCT. 4, SATURDAY

2 P.M.

The Walk to End Alzheimer's will be held at the Oceanside Pier. Registration at 2 p.m.; walk starts at 4 p.m. A second walk will be held on Saturday, Oct. 18, at Balboa Park, with registration at 6:30 a.m. and walk at 8 a.m. For more information and to register, visit www.walksandiego@alz.org, or call (858) 966-3319.

OCT. 9, THURSDAY

8 A.M. TO 1:30 P.M.

A Transportation and Safety Expo will be held at the La Mesa Community Center, 4975 Memorial Dr., La Mesa. Learn about transportation options and safety resources. RSVP at (619) 667-1322 by Oct. 3.

OCT. 11, SATURDAY

10 A.M. TO 2 P.M.

The "Because I Care" Community Fair will be held at the San Marcos Senior Center, 111 Richmar Ave., San Marcos 92069. Includes health screenings, vendors, lectures, barbecue. For details, call (760) 744-5535.

ADVISORY COUNCIL

The AIS Advisory Council will meet at noon Monday, Sept. 8, at AIS, 5560 Overland Ave., Third Floor, San Diego 92123. These meetings are open to the public.



WHEN YOU DON'T KNOW WHERE TO TURN, TURN TO US.



Whether the need is for assessment, service referrals, or follow-up, with just one phone call, you or a loved one can receive help for:

- Seniors
- Disabled adults
- Abused adults
- Those requiring home-based care to prevent institutionalization

As a public agency, we provide comprehensive information and impartial assistance free of charge to county residents. Since 1974, people have been turning to us at Aging & Independence Services. You can too.

Call toll-free
800-510-2020

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*Aging & Independence*SM is published monthly by Aging & Independence Services, a division of the Health and Human Services Agency, to inform and recognize clients, service providers, volunteers, public officials, supporters of the agency and agency staff.

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Calendar information is welcome and must be submitted before the 10th of the month preceding the issue date. Submit to: Editor, P.O. Box 23217

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